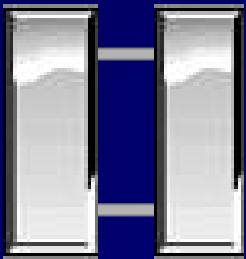


Operational Stress

FM 22-51

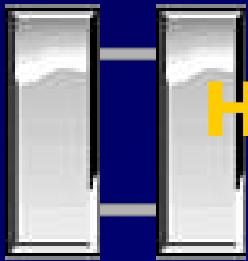
CPT Gerry Lebron



Action: Implement Measures to Reduce Operational Stress

Conditions: You are the leader in a unit. You recognize stress related behaviors being manifested within your unit. You have access to FM 22-51 and DA PAM 600-63-10

Standard: Recognized stress related behaviors within the unit. Implemented an effective plan which reduced the impact of operational stress on mission accomplishment and soldier readiness as demonstrated by a reduction in stress related behaviors. Your actions were IAW FM 22-51 and DA PAM 600-63-10



HOW DO THE INDIVIDUAL COPING SKILLS DIFFER

OPERATIONAL

- FACIAL TAUTNESS
- LACK OF CONCENTRATION
- FRUSTRATION
- LOUD, EXPLOSIVE SPEECH
- TENSE POSTURE
- ANXIETY, FEAR, PANIC
- FINGER\, KNEE JIGGLING
- POUNDING & CLENCHING FIST WHILE WALKING
- IRRITABILITY OR EDGINESS

COMBAT

- WITHDRAWAL
- TEMPER
- DEPRESSION, INSOMNIA
- ERRATIC ACTIONS, OUTBURSTS
- LOSS OF SKILLS & MEMORIES
- IMPAIRED VISION, TOUCH & HEARING
- HALLUCINATIONS, DELUSIONS
- IMPAIRED DUTY PEFORMANCE
- HYPERALERTNESS



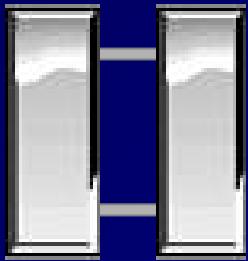
FACTORS WHICH INFLUENCE COMBAT AND OPERATIONAL STRESS

OPERATIONAL

- **REALISTIC TRAINING**
- **UNIT COHESION**
- **OPTEMPO**
- **FAMILY**
- **FINANCIAL**
- **PROBLEMS**
- **TDY/PCS MOVES**

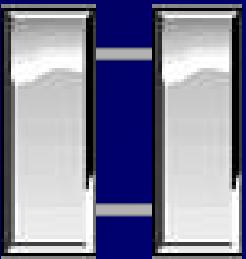
COMBAT

- **UNIT COHESION**
- **SENSE OF MISSION**
- **BATTLE FATIGUE**
- **MALNUTRITION**
- **UNPREDICTABILITY**
- **FEARS & ANXIETY**
- **INJURIES**



STRESS

- **BODY'S RESPONSE TO A DEMAND (STRESSOR)**
- **EVENTS OR SITUATIONS WHICH:**
 - **REQUIRE A CHANGE**
 - **CREATE INTERNAL EMOTIONAL CONFLICT**
 - **POSE A THREAT**
- **THE DEMAND MAY BE PHYSICAL OR MENTAL**
- **STRESSORS CAN BE POSITIVE OR NEGATIVE DEPENDING ON HOW THEY ARE**

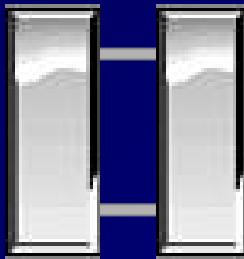


USEFUL STRESS

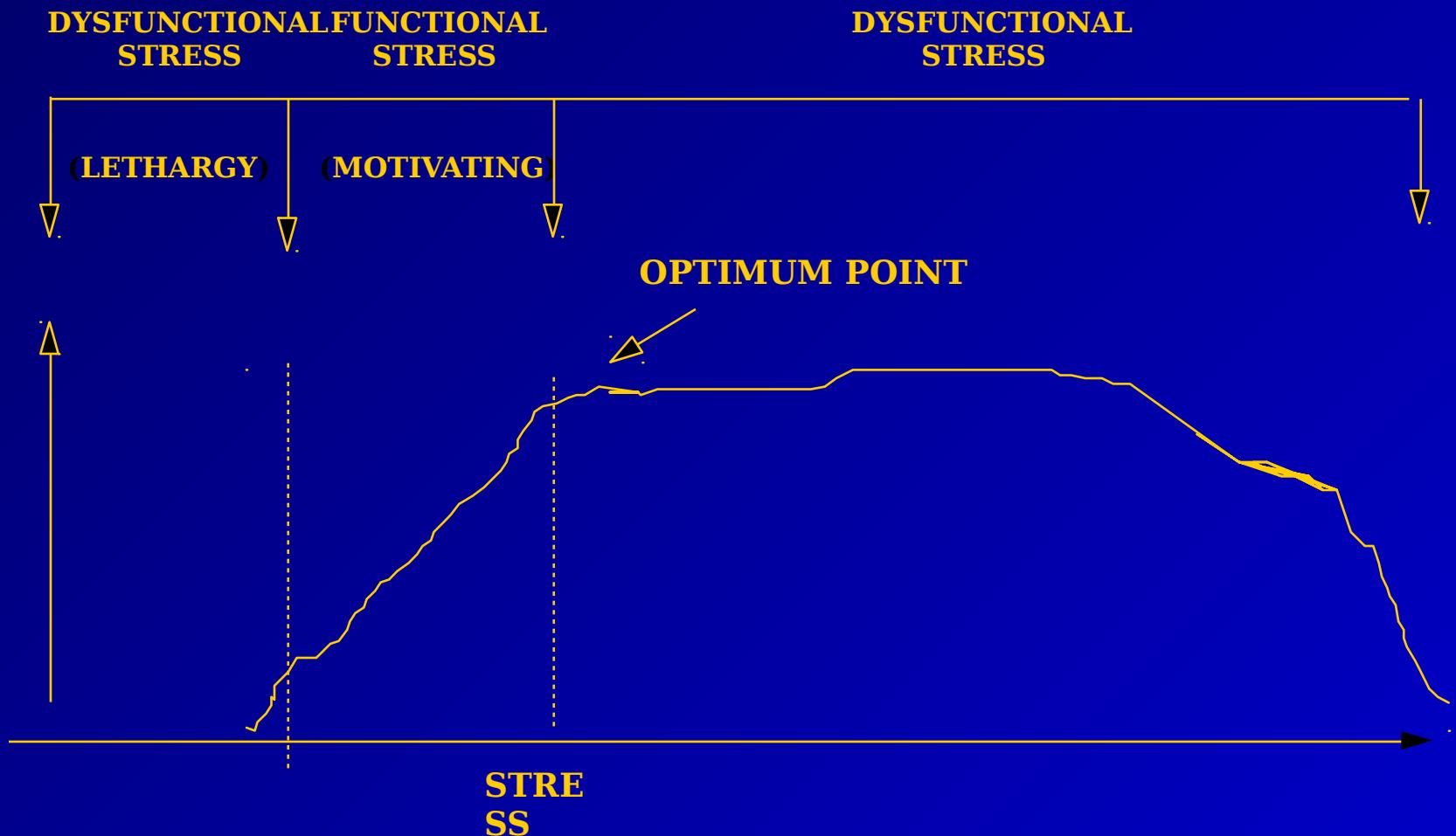
**THE PRESSURE THAT HELPS US MEET AND OVERCOME
UNPLEASANT OR PAINFUL SITUATIONS**

HARMFUL STRESS

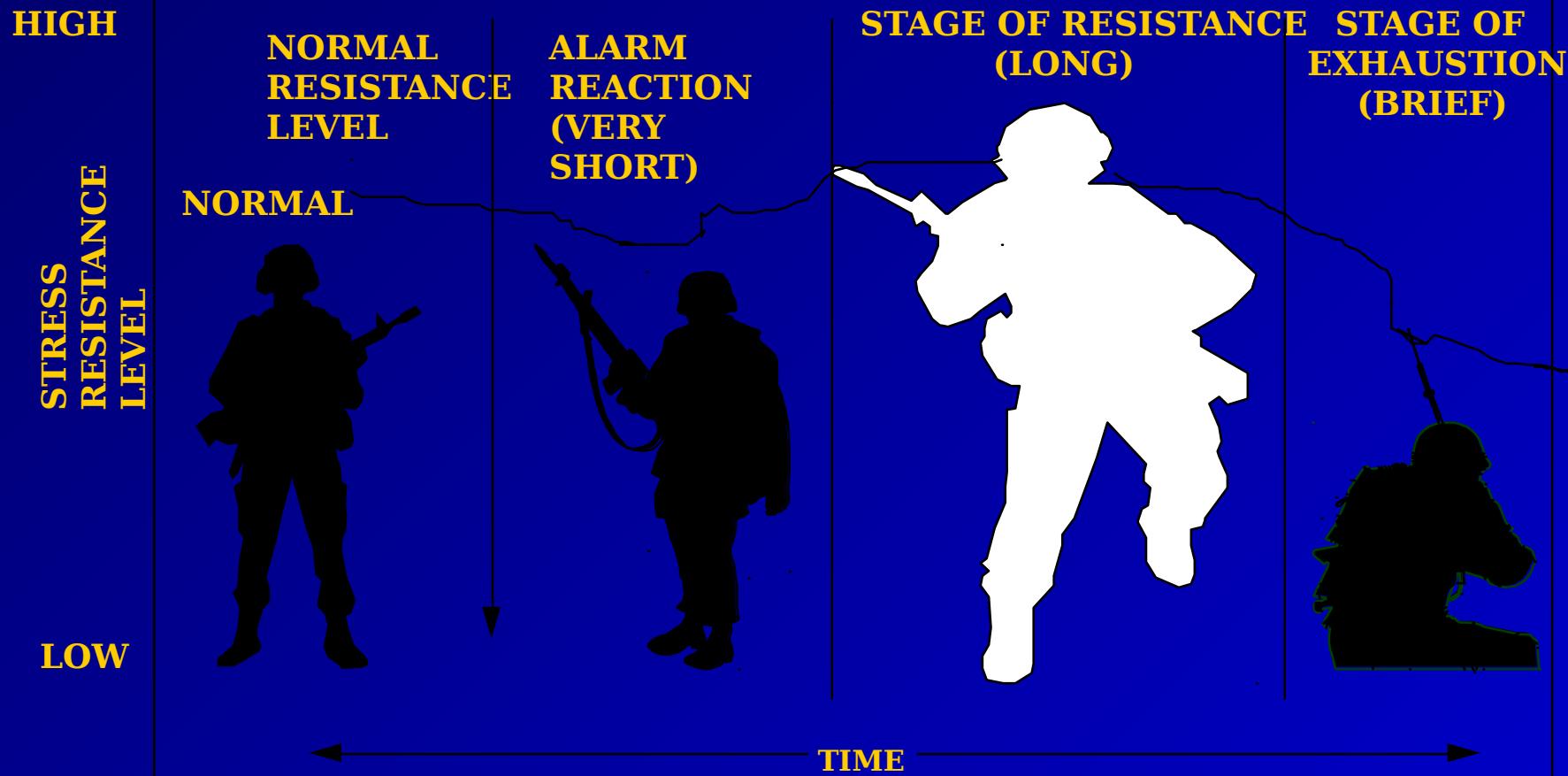
**EXCESS MENTAL AND PHYSICAL STRAIN ON THE BODY
WHICH CAUSES PHYSICAL AND MENTAL PROBLEMS**

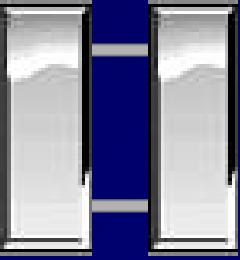


THE STRESS-PERFORMANCE RELATIONS



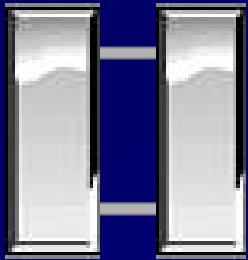
STAGES OF STRESS ADAPTATION





COPING WITH THE IMPACT OF STRESS

- **PRACTICE STRESS-COPING TECHNIQUES**
 - COUNSELING
 - SIMPLE RELAXATION TECHNIQUES
 - PREVENTATIVE TECHNIQUES
- **PHYSICAL PREPARATION**
 - GET ENOUGH SLEEP
 - EXERCISE
 - EAT RIGHT
- **MENTAL PREPARATION**
 - TALK ABOUT YOUR PROBLEMS
 - ACCEPT WHAT YOU CAN NOT CHANGE
 - SET REALISTIC EXPECTATIONS

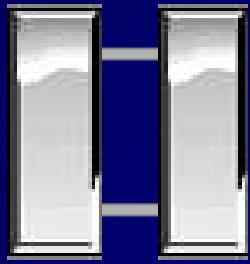


LEADER'S ACTIONS TO REDUCE STRESS WITHIN A UNIT

- **PROMOTE UNIT COHESION**

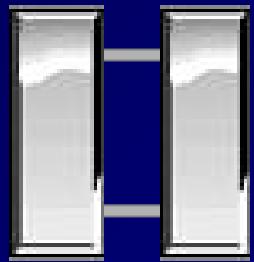
- TEAM COHESION
- INTEGRATE NEW ARRIVALS QUICKLY
- KEEP MEMBERS OF SMALL TEAMS ALWAYS WORKING TOGETHER
- CONDUCT AAR DEBRIEFINGS ROUTINELY
- RECOMMEND EXEMPLARY SOLDIERS FOR AWARDS AND DECORATIONS
- BE VISIBLE
- SERVE AS AN ETHICAL ROLE MODEL

- **ASSURE PHYSICAL FITNESS**

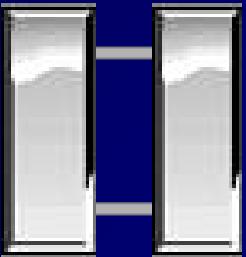


LEADER'S ACTIONS TO REDUCE STRESS WITHIN A UNIT (CON

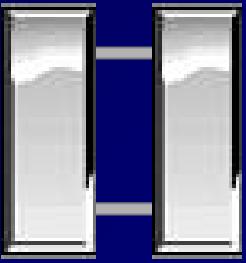
- **CONDUCT TOUGH, REALISTIC TRAINING**
 - BUILDS CONFIDENCE
 - ENSURE RISK ASSESSMENTS ARE CONDUCTED
 - CROSS TRAIN SOLDIERS WHENEVER AND WHEREVER POSSIBLE
- **CONSERVE THE WELL-BEING OF THE TROOPS**
 - ALLOCATE RESOURCES TO "TAKE CARE OF THE TROOPS"
- **KEEP INFORMATION FLOWING**
 - KEEP ACCURATE INFORMATION FLOWING DOWN TO THE LOWEST (AND BACK UP AGAIN); DISPEL RUMORS
 - PROVIDE THE JUNIOR NCO'S AND OFFICERS WITH THE NECESSARY GUIDANCE
 - PROVIDE AS MUCH INFORMATION TO THE SOLDIERS AS POSSIBLE
 - ENCOURAGE SHARING OF RESOURCES AND FEELINGS



Practical Exercise



Questions



Summary